

mondays

- * 7:00 am zazen (sitting meditation)
- * 7:40 am morning service - (chanting service)

- 6:00 pm zazen
- 6:40 pm evening chanting service

* last monday of each month, no morning schedule

tuesdays

- 6:00 am zazen
- 6:40 am kinhin (walking meditation)
- 6:50 am zazen
- 7:20 am chanting service
- 7:40 am soji (brief temple cleaning)

* 6:00 pm to 7:00pm queer meditation space *

wednesday - fridays

- 6:00 am zazen
- 6:40 am kinhin
- 6:50 am zazen
- 7:20 am chanting service
- 7:40 am soji

- 6:00 pm zazen
- 6:40 pm chanting service

thursdays study hour (buddhist text) 7:30pm

saturdays

- 6:30 am zazen
- 7:10 am chanting service
- 7:25 am soji
- 8:30 am drop-in instruction
- 9:25 am zazen
- 10:15 am dharma talk
- 11:00 am refreshments/social *

* if a ceremony applies it

Meditating with Anger

I think one of the problems we face in our culture is that everything is always couched in either/or terms- either we stand up for ourselves or we're going to get rolled over. Certainly I think that's the logic that fuels a lot of our reactions. I certainly felt that way: that if I didn't put up this good front, I was just going to be pushed aside. But I think that there is a middle path between acting out aggressively and caving in.

One holds one's ground gently and non-aggressively, in body, speech, and mind; one doesn't go away; one doesn't stop talking unless that would be the most skillful thing to do at that moment. I think that to reach that place between acting out aggressively and just caving in, we need to develop a kind of self-confidence without arrogance, to develop maitri, more self-acceptance, more ability to be with who we are.



Wind Bell SFZC City Center July 22, 1998 - Rita Gross

Meditating with Anger

will occur before social time



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Wind Bell SFZC City Center July 22, 1998 - Rita Gross

~ upcoming events ~

dharma talks @10:15am, saturdays

hszc speakers

Rev Myō Lahey -Nov 12, 19 Dec 3

Rev Daiko Tanzen, David Bullock - tbd

guest speakers



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nov 26; Rev *Ko Shin Steven Tierney* - dec 17;

we now offer a queer meditation space evening, on tuesdays 6pm , please join us. no formal zen forms, a shorter mediation period than our usual zazen (40 minutes) & discussion time/social time included. the format is designed to evolve to the desires & request of the attendees. it is from 6pm to 7pm.

sangha council - wed, nov 16 - council runs for ~ 90 minutes — we're continuing this format that is flexible enough for a diversity of needs. the primary focus has been recently on operational matters & new programs. the session is open to added topics as well & you do not need to have an 'issue' or overt concern to attend. All are welcome

full moon ceremony - saturday; nov 12th @11am - full frost moon - the Full Moon in November (14th) will be an extraordinary sight! in fact, not only will it be a Supermoon (a.k.a., a "Perigee" Moon, when the Full Moon rises on the same day that the Moon orbits nearest Earth), but it will be nearer to Earth than it's been since January 26, 1948

this Supermoon will have a dramatic effect on the tides and, for many people, November's Full Moon will be the largest and brightest Full Moon of a lifetime.

November's full Moon was called the Beaver Moon because it was the time to set traps, before the waters froze over. this Moon was also called the Full Frost Moon.

mark your calendars, request your time off of work! - Dec 7th through Dec 11th - Winter Light Retreat -

Hartford Street Winter Light Retreat Sesshin will begin the evening of **December 7th**, including the Rohatsu celebration/ceremony Saturday December 10th, and conclude Sunday December 11th, mid-day.

[Visit here](#) to see last year's schedule to get an idea of what the schedule will involve.

You can adapt your attendance to the demands of your life, but full participation is always welcome and encouraged.

To sign up for all or part of the retreat, or obtain more details, send an email to hszc108@yahoo.com, or leave a message at (415) 863-2507

study hour - thursdays @7:30pm - selected Studies of Zen Master Dōgen. see our website for details. So far all have been from the Dōgen Shobōgenzo version compiled & translated by Kazuaki Tanahashi.

closure & schedule changes -

last monday of each month - no morning program, only evening schedule

closed monday nov 1 (post castro halloween festivities), thursday nov 24 (thanksgiving) and friday nov 25

founder monthly memorials - Issan Dorsey's is the **6th** of each month & Philip Whalen's is the **26th** (or closest dates to these if cant be on that day) - evenings at 6:40pm or saturday mornings

practice discussions at hszc are available with Rev. Daiko Tanzen, David Bullock & Dokusan with Rev. Myo Lahey please call us, approach them directly, or email: hszc108@yahoo.com to request to schedule time.

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Sejiki 2016 - star wars themed - Keido, Rev Myo, Tendo, & Hogetsu

words from our abbot, Rev Myo Lahely (transcribed by sangha)

One of the persistent questions that comes up around our practice is “what does it have to do with life?” Meaning “life” as we meet it day by day. Dogen our much appreciated Japanese founder of this style of practice; he says when he gives instruction for zazen that a quiet room is suitable. And sometimes we notice how difficult it is to come by even a quiet room. So he and others found that a simplified environment is helpful to some degree. So for a variety of reasons he took off to the mountains. And others have done similar things. But were not exactly in the mountains here.

Like yesterday, I was on the way to a post office and somebody who had been apparently living rough for a while came running across the street and flung herself down next to the Walgreens there and started sobbing. So of course as usually happens, people just walked by and I also walked by, kind of, rather slowly and trying to figure out “ok what is to be done here” and I thought well, one thing that was “maybe this person would appreciate a little privacy”. So I went to the post office and came back and this turned out that this was a young woman who had looked like had very bad dental problems, she had stopped sobbing and was writing a sign [begging sign]... So I gave her a little money and she seemed pleased with that. But obviously that was a minor gesture. And when I encounter such things I think, was does this have to do with Zen?

Especially since we see strange things in our literature, the peculiar metaphor of fishing with a straight hook, have you heard that one?

hook. So the person who was making that assertion was asked “what are you fishing for with a straight hook?” and he said “oh I am after the fish that turn away from life”. Is that what we're about? Turning away from life? Well it's quite possible the Chinese character there also means <in the zen story> destiny or life path or something. So this Zen person was fishing for people who were willing to turn away from the standard path, the path of samsara, the path of suffering.

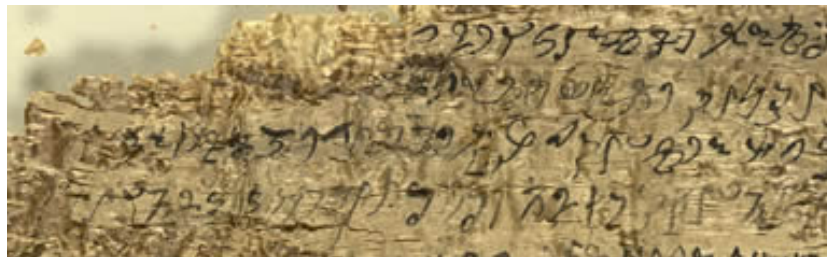
What do we do when confronting suffering? Especially on a massive scale? It's pretty important we not turn away from that. that's not what's meant in "turning away from life". So in a sense our practice is about learning how to walk through this world of suffering with other beings, without turning away from them, and also recognizing there is a dimension to being that is beyond suffering, or if you like beyond suffering and non-suffering, and this is inherent to everyone. To the degree you don't have any particular doubts about that, it's possible to be extremely helpful, but without any plan of how you're going to do that. This has nothing to do with plans. This is what our practice is really about.

[hszc talk october 2016](#)



from the library

have you checked out the hszc library? we have a collection of nearly 750 books tailored to Zen Buddhist study. We have scholarly books and the suggested "must-read" Buddhist books. we have a wide variety of authors from our Suzuki Roshi lineage and other popular writers. you can study the sutras, historical texts, as well as a variety of diversity-related topics discussed by Buddhist writers or other Buddhist traditions. recent additions include writings of Philip Whalen, Suzuki Roshi, and Trungpa Rinpoche. if you aren't a sangha member, please consider becoming one so that you can take advantage of these treasures.



Leaf, Richard Chiofalo, Brian Kline and Will Murdoch for setting up/moving the new bookshelves and collection.



hszc new informal lgbtqqi & friends meditation group -



HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
thursdays & fridays
10:30am zazen
11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
fridays, 7:30pm - 9pm

(women only) meditation in recovery; monthly meditation group for women in recovery from addiction
first thurs, 7:15pm -8:45pm

(men only) meditation in recovery; a monthly meeting for men in recovery from addiction
3rd thurs of every month, 7:30pm-8:30pm

board of director meetings; you're invited to attend & observe!
second weds of each month, 7:30pm

word or term of the month

muji 無字 Literally "without" or "there are no" (mu 無) "words," "logographs," or "letters" (ji 字). Ordinarily a seal (in 印) has one or more logographs (Chinese characters) carved on it. The metaphorical "seal of the buddha-mind" is said to be "without letters" because the mind or awakening of the Buddha cannot be conveyed in words.

Abbot, hartford street zen center --- Reverend Myō Lahey ---



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may this newsletter find you well
& equanimous! __/__



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weddings, memorials, coming of age & baby naming events

[find other sf & bay area lgbtqqi/queer community events & venues here](#) - or - [here](#)
